

The Rickmansworth Dental Centre

Newsletter

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Welcome to the 36th Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on previous issues. If you have any comments on our newsletter or anything you would like to see in it, please let us know.

Practice News

Welcome to our Spring 2010 Newsletter. With the snow and ice finally gone, we are hopefully heading for a long ash-free summer. We've had our spring clean and redecoration completed at The Practice. With thoughts turning to this summer's World Cup, there was a fine result for the young team sponsored by The Dental Centre. More of these things later in the newsletter, together with news of National Smile Month 2010. Remember, if there is anything you would like to see at the practice or if there is any way we can make your visit more pleasant, please let us know and we will try to oblige.



Good Luck

Our practice dental surgery assistant, Ewelina, has just taken her dental nursing exams. The results don't come out till later this summer, but Ewelina has worked very hard for these exams and we wish her every success in them.



Football

As we announced in our previous newsletters, The Rickmansworth Dental Centre is the proud sponsor of the Under 11's Well End Squad in the Excel Sunday League. The season has now ended with the boys finishing safely in midtable. However in the end of season cup competition, they triumphed, winning the trophy in a penalty shoot out after the final finished 3 all at full time. None of the team missed a penalty, so hopefully Mr. Capello had sent someone to take notes in case England need to win a penalty shoot out in this summer's World Cup!



Tooth Whitening

With new advances in tooth whitening we have changed the whitening system we offer. Previously there was a choice between home whitening and in-surgery 'power' whitening. With the home system, custom made trays are made to fit over the teeth and the whitening agent placed in the trays which are worn in the mouth for the required period of time. With 'power' whitening, the whitening agent is painted on to the teeth and a blue light is used to activate it. Unfortunately 'power' whitening generates a lot of heat which is damaging to teeth. New systems have now been introduced where the in-surgery whitening can be done without generating any heat. We are now offering this new in-surgery system, which then dovetails with the home system to give some fantastic results. Please contact The Dental Centre for more details.



Dental Hygienist

We still have two hygienists at the practice, helping patients keep their teeth and gums healthy. Our new hygienist, Kate, is here all day Monday and Thursday. Donna is here one Saturday morning a month. If you wish to book a session with the hygienist at the same time you have your routine visit with Adam, just let Pam know. There is information about hygienists and what they do on the back of this newsletter.



Diabetes

Gum disease treatment may help diabetes. Dental treatment to reduce inflammation may reduce blood sugar. Treating serious gum disease in diabetics can help to lower their blood sugar levels, a new study has found. Edinburgh University scientists have found reducing gum inflammation in people with diabetes can help minimise complications with the condition. It is thought when bacteria infect the mouth causing inflammation the chemical changes reduce effectiveness of insulin and raise the levels of blood sugar. Treatment to reduce inflammation may therefore help reduce blood sugar.



Focus On Bad Breath

What causes bad breath? Bad breath is a very common problem and there are many different causes. Persistent bad breath is usually caused by the smelly gases released by the bacteria that coat your teeth and gums. However, strong foods like garlic and onions can add to the problem. Smoking is also one of the main causes of bad breath, along with certain illnesses such as nasal and stomach conditions. Bits of food that get caught between the teeth and on the tongue will rot and can sometimes cause an unpleasant smell. Bad breath can also be caused by some medical problems. Dry mouth (xerostomia) is a condition that affects the flow of saliva. This causes bacteria to build up in the mouth and this leads to bad breath. Dry mouth may be caused by some medicines, salivary gland problems or by continually breathing through the mouth instead of the nose. Older people may produce less saliva, causing further problems. If you suffer from dry mouth Dr. Deitsch may be able to suggest ways of dealing with the problem. Other medical conditions that cause bad breath include infections in the throat, nose or lungs; sinusitis; bronchitis; diabetes or liver or kidney problems. If we find that your mouth is healthy, you may be referred to your family GP or a specialist to find out the cause of your bad breath.



National Smile Month

National Smile Month 2010 is running from 16th May to 16th June 2010.

It is being organised by the UK's leading independent oral health charity, the British Dental Health Foundation and is dedicated to improving the public's oral health.

This year's campaign slogan, 'Teeth4Life', highlights the importance of looking after your teeth and maintaining them for life, also stressing that a healthy diet can improve the quality of your life. Once again, the message also intends to raise awareness of the systemic link between good oral health and good overall body health. With your help, teeth can stay healthy.... if you care for them properly. Remember... teeth are for life! After nearly four decades of successful National Smile Month campaign work, the charity's three key messages are:



- Brush your teeth twice a day with fluoride toothpaste;
- Cut down on how often you have sugary foods and drinks;
- Visit your dentist regularly.



Redecoration

We've recently had the decorators in at The Dental Centre. We apologise to any patients that were inconvenienced by the work, but hopefully you will all appreciate the difference the redecoration has made.



your pharmacist or practice nurse for help in quitting. If you do stop smoking, but still have bad breath, then you need to seek further advice

How can I tell if I have bad breath? Lots of small signals can show that you have bad breath. Have you noticed people stepping away when you start to talk? Do people turn their cheek when you kiss them goodbye?

If you think you might have bad breath, there is a simple test that you can do. Simply lick the inside of your wrist and sniff — if the smell is bad, you can be pretty sure that your breath is too.

How can the dentist help? If you do have bad breath, you will need to start a routine for keeping your mouth clean and fresh. Regular check-ups will allow Dr. Deitsch to find any problems. The earlier the problems are found, the more effective the treatment will be. Adam or the hygienist will be able to clean all those areas that are difficult to reach. They will also be able to show you the best way to clean your teeth and gums, and show you any areas you may be missing, including your tongue.

Can I prevent bad breath? To keep your breath fresh, you must get rid of any gum disease, and keep your mouth clean and fresh. If you do have bad breath, try keeping a diary of all the foods you eat and list any medicines you are taking. Take this diary to your dentist who may be able to suggest ways to solve the problem.

Brush your teeth and gums twice a day with a fluoride toothpaste. Don't forget to brush your tongue as well. Use dental floss once a day for cleaning between your teeth. There are other products you can buy to clean between your teeth (they are called 'interdental cleaners').

If you wear dentures, take them out at night to give your mouth chance to rest. Clean them thoroughly with soap and lukewarm water, a denture cream or a denture cleaning tablet. Do not clean them with toothpaste as it will scratch the surface and more stains will build up. They will also lose their shine. Use a denture brush kept just for the purpose. Remember to clean the surfaces that fit against your gums and palate. This will make sure your dentures are always fresh and clean, and avoid the plaque build-up on the denture that may cause bad breath.

What products are available? There are several types of toothpaste you can use; from total care toothpaste to those especially for sensitive teeth. Look for the toothpaste that will suit your needs. If you know that you often get food stuck between your teeth, you may need to brush after every meal. So carry a brush and interdental cleaner with you.

Most mouthwashes only disguise bad breath for a short time. So if you find that you are using a mouthwash all the time, talk to Adam, because he may be able to recommend a mouthwash for you to use.

If you require any further information or advice, please do not hesitate to ask Adam or any of the team at The Dental Centre.

Visiting the Dental Hygienist

At The Dental Centre we have two dental hygienists. Kate is here on Mondays and Thursdays. Donna works here one Saturday morning a month.

Listed below are a few of the most frequently asked questions about hygienists and what a visit to the hygienist involves.

What is a hygienist?

Dental hygienists are specially trained to work with the dentist in providing care tailored to the patients' needs.

They play an important role in dental health care and are mainly concerned with gum health, education in correct home care and the application of preventive materials to the teeth and gums.

The hygienist provides professional cleaning of the teeth for the patient. Most importantly they educate the patient in the best way to keep the teeth free of plaque.

Why is this treatment important?

Regular professional cleaning combined with your home care will help maintain a healthy mouth. A clean and healthy mouth will improve your appearance, help you keep your teeth and give you fresh breath.

Can a hygienist help prevent dental disease?

The training of the hygienist is centred on preventing dental disease. Carefully removing the deposits that build up on the teeth and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. Anti-bacterial gels and solutions can be applied under the gum to kill the bacteria causing gum disease. By discussing your diet and recommending other preventive measures your decay rate can also be reduced.

Children can benefit from having their teeth polished. The hygienist can also apply fluoride gels and solutions to help prevent decay. The permanent back teeth can also benefit from having the fissures sealed.

Why doesn't the dentist do this work?

Dr. Deitsch can carry out this type of work. However, the hygienist has also been specially trained to carry out scaling and polishing and can spend longer with you. They are also expert at teaching you how to look after your teeth and gums. Often the hygienist will spend a number of appointments getting the gums healthy ready for the dentist to do the more complex treatment.

Will the treatment hurt?

Scaling and polishing is usually pain-free. However, if you do experience some discomfort the hygienist can eliminate this with the use of topical anaesthetic creams or by giving you some local anaesthetic. It is important that you let the hygienist know at the time so that some pain control can be given.

What can I do to help the Hygienist?

You can do a great deal to help yourself and the hygienist as you are in control of your mouth between visits to the practice.

The hygienist will have shown you how to remove plaque with a toothbrush and fluoride toothpaste. You will also have been shown how to clean between your teeth with floss, tape or little brushes. There are many products now available and the hygienist will recommend those that are appropriate for you.

Do I need to see the hygienist?

Following your routine examination Dr. Deitsch will advise you if you require a visit to the hygienist. If you feel you wish to see the hygienist anyway, please contact the surgery and this can be arranged for you.

If you have any queries or require further information, please do not hesitate to contact us.

Hope you have a lovely Spring.

*With Best Wishes from Adam Deitsch and all the staff at The Dental Centre.
Don't forget you can find us online at www.thedentalcentre.org*

